

A Program of the Commonwealth of Virginia

PACE



Program of All-Inclusive Care for the Elderly (PACE) 2015 Annual Report

"To care for those who once cared for us is one of the highest honors."

Tia Walker

From the Desk of Terry A. Smith...



Dear Community Partners and Friends,

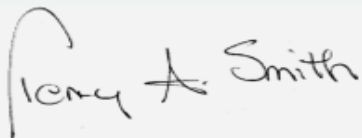
What a year it has been for the Department of Medical Assistance Services (DMAS), Division of Long Term Care, and the Program for All-Inclusive Care for the Elderly (PACE); from the resizing of PACE within the Richmond area to the relocation of Sentara PACE from Virginia Beach to Norfolk, the face of PACE in the Commonwealth has changed. We look forward to continued opportunities for the growth of this vital program throughout 2016, as well as years to come.

Over the next few years, Virginia will transition the majority of individuals utilizing Medicaid to more coordinated and integrated managed care models, something our PACE programs have modeled throughout their existence. With its history of providing high quality care in an interdisciplinary and coordinated manner, PACE is an example of the success that can be found in these models and the Commonwealth will soon see more individuals benefit from them.

When the president signed into law the PACE Innovation Act of 2015, CMS was granted the authority to pilot PACE-like programs in expanded populations and in new, innovative ways. While CMS carefully considers the details, it is expected that a request for proposals will be issued in late 2016 and Virginia is preparing to support such an expansion of PACE in the Commonwealth. More information on the PACE Innovation Act can be found on page six of this report.

This 2015 annual report highlights the many accomplishments of PACE programs across the Commonwealth. As collaborative partners, DMAS, and the Centers for Medicare and Medicaid Services (CMS) support the efforts of each PACE provider to enhance the lives of those that we serve, encouraging both change and opportunity for further independence and growth.

Sincerely,

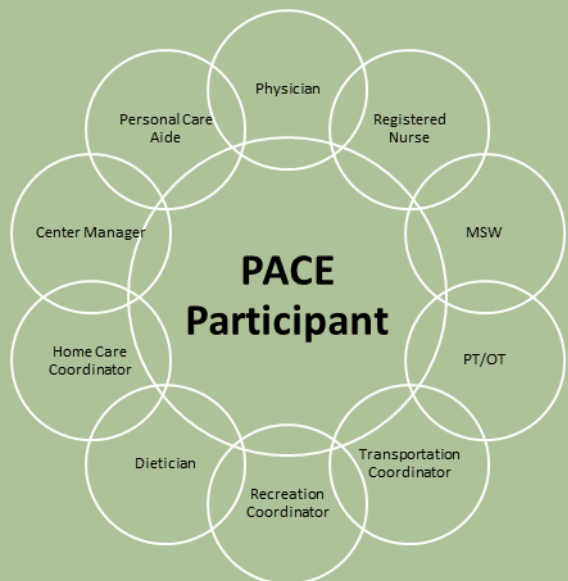


Division Director of Long Term Care

PACE Provides Care Coordination for Virginia's 55+ Population

Utilizing capitated payment rates, PACE provides the flexibility to offer a spectrum of health and long-term services and supports through an interdisciplinary team (IDT) of professionals, all with the goal of providing services so individuals can continue to live in their homes and communities.

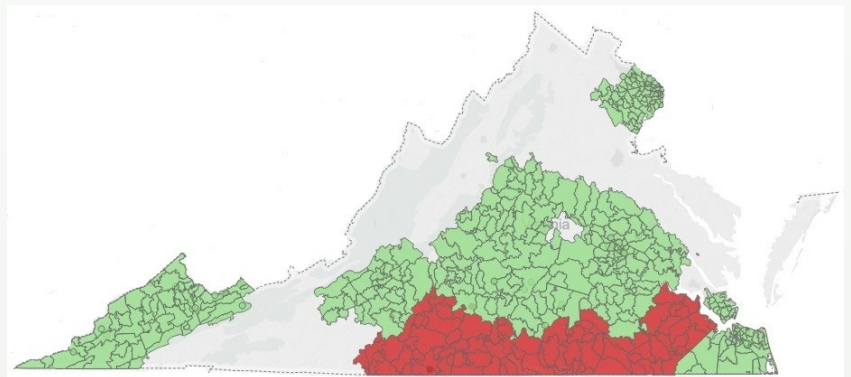
The PACE team:



Where's PACE?

PACE programs operate in 32 states, with an average of four providers per state. Virginia, with eight total PACE provider organizations, proudly exceeds this average. Currently, there are 12 PACE sites located in:

- Big Stone Gap
- Cedar Bluff
- Charlottesville
- Fairfax
- Farmville
- Hampton
- Lynchburg
- Newport News
- Norfolk
- Portsmouth
- Richmond
- Roanoke



Green—Current PACE service area

Red—2016 Expected growth

What's next for VA PACE?

Over the course of the coming year, PACE will become available to more older Virginians, as the Centra and Sentara PACE programs plan service area expansions into the Gretna/Danville and Halifax areas, respectively.

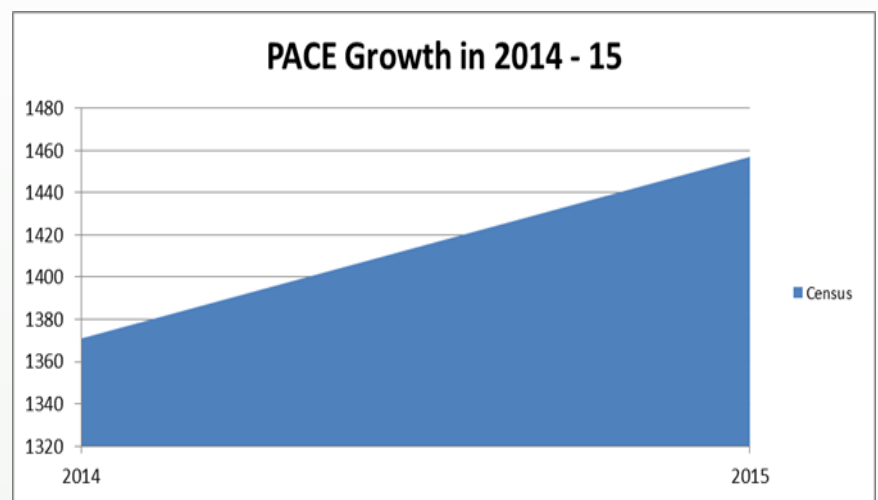
The Aging Population is Growing

The older population is one of the fastest growing age groups within the United States. In fact, by the year 2020, it is projected that the 60+ population will exceed 75 million*—approximately 2 million of these persons will be living in the Commonwealth of Virginia*. With such a dramatic increase in the number of older persons, the need for PACE programs will increase in the coming years. Expanding services in new and innovative ways to meet the needs and expectations of this diverse demographic promises to be an exciting opportunity.

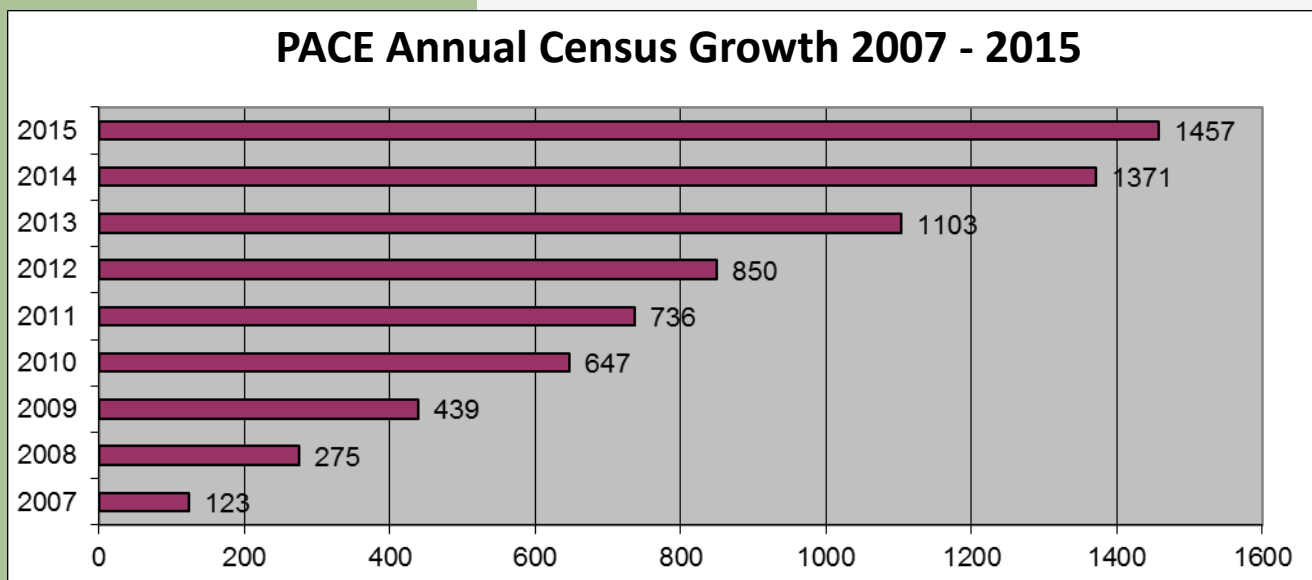
*Population estimates from the US American Association on Aging

PACE Growth in the Commonwealth

Since 2007, when the first PACE program opened in Virginia, there has been steady growth as more eligible Virginians and their families learn of the program. This past year was no different. As of December 1, 2015, there were 1,457 participants in PACE, an increase from 1,371 participants on the same date in 2014.



**Data from HPMS reports*



**Data from HPMS reports*

PACE Enrollment Requirements

In order to enroll in PACE, an individual must meet all of the following requirements:

1. Be 55 years of age, or older;
2. Meet the State defined nursing facility level of care;
3. Reside in the PACE service area; and
4. Be able to live in a community setting while maintaining health and safety.

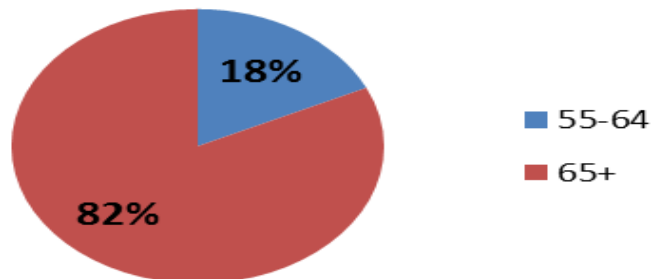
CFR, §460.150

Did You Know...

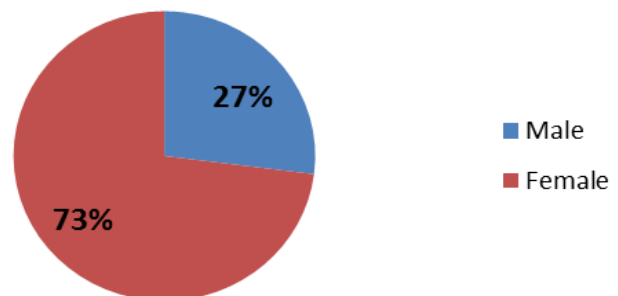
- The average individual enrolled in PACE has a total of 6 chronic conditions
- 100% of individuals in PACE meet nursing home level of care
- 95% of individuals in PACE reside in their own home or other community setting

The Demographics of PACE in Virginia

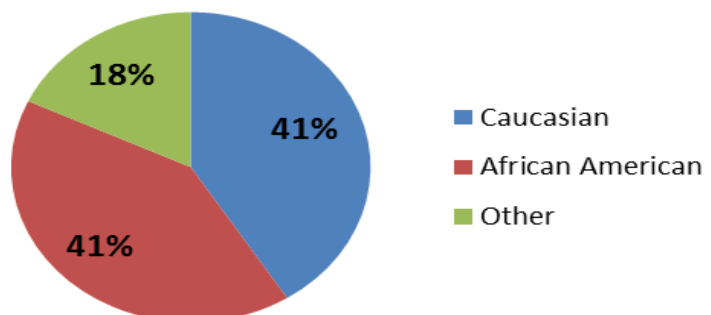
Age*



Gender*



Ethnicity*



**Data from December 2015 LTC Flash Report*

***PACE participants and
their families want you
to know...***

**"If not for the services
provided to her through PACE, we
simply would not have had the
option for her to remain in
her home."**

(Family Member)

**"I like being myself and I can do
that at PACE"**

(PACE Participant)

**"When the PACE staff meets your
loved one, they become family"**

(Family Member)

**"Just knowing I will have help at
home relieves a lot of anxiety"**

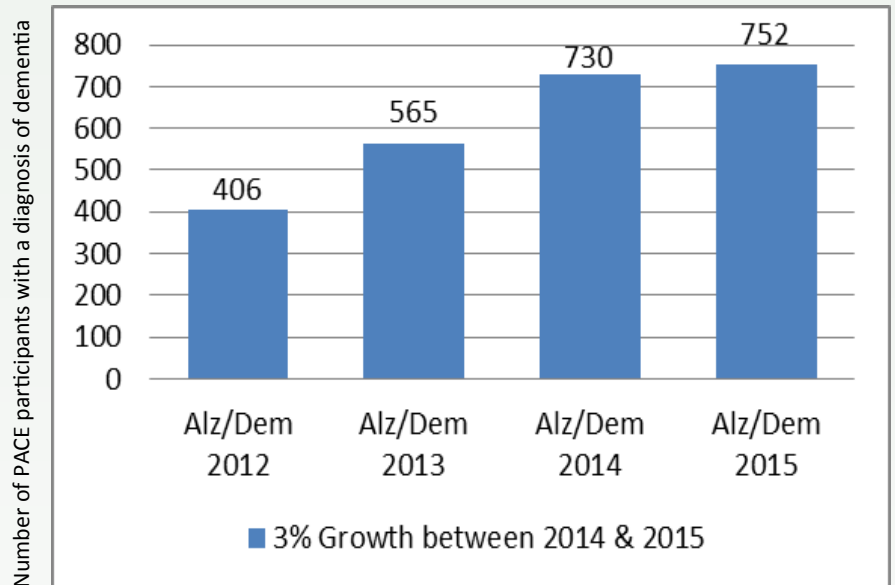
(PACE Participant)

**"I can tell everyone is really trying
to help me"**

(PACE Participant)

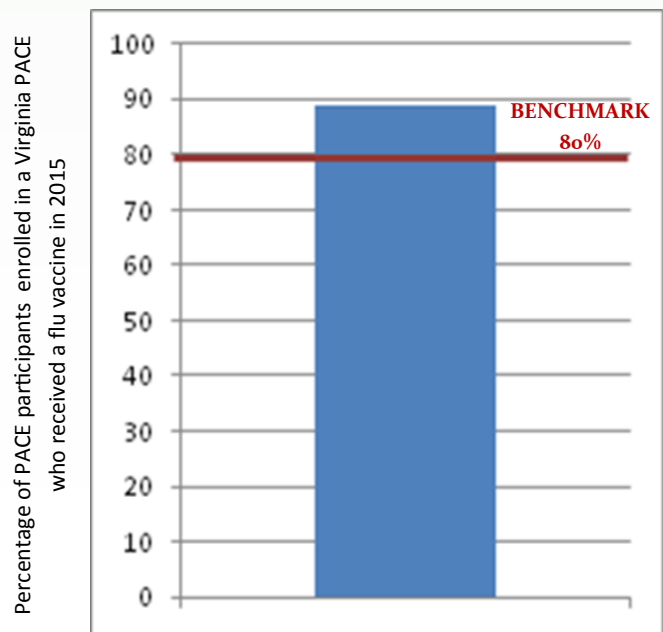


**The Population of PACE Participants with
a Diagnosis of Dementia Continues
to Grow in Virginia**



**Data from HPMS reports*

**PACE Continues to Meet Benchmark
Numbers for Influenza Immunizations in
2015**



**Data from HPMS reports*

The State Administering Agency (SAA)

Each year, the SAA monitors PACE sites through a series of announced and unannounced technical advisory visits (TAVs) and quality management audits. Quality of care is further ensured through quarterly conference calls between the SAA, CMS, and each provider, as well as through SAA led, topic specific training sessions.

In 2015 the SAA team completed:

- 8 CMS or SAA led quality management audits,
- 21 TAVs,
- 28 Quarterly calls, and
- Numerous calls responding to provider requests for technical assistance.

Together, these activities ensure individuals are provided with the highest quality care.

PACE Innovation Act of 2015

Receiving bipartisan support in the U.S. Senate (S. 1362) and the House of Representatives (HR 3243), the PACE Innovation Act of 2015 was signed into law by the president in November, 2015. This law permits the Centers for Medicare and Medicaid Services (CMS) to develop pilot projects aimed at examining the effectiveness of the PACE model of care with populations younger than age 55, who may not yet meet nursing home facility level of care, and who have need for specialized services.

It is expected that CMS will issue a Request for Proposals (RFP), whereby interested PACE organizations will apply to take part in a “PACE Innovation” pilot study. PACE programs will likely take the approach of responding with proposals to admit persons younger than 55 who do not meet nursing home level of care, as well as more targeted proposals. Individuals who have disabilities or those with traumatic brain injury may also be included in some demonstrations.

The Commonwealth has been in discussions for many years with CMS, the National PACE Association (NPA), and various stakeholders around many of these innovations and has informally expressed support for these opportunities.



PACE Renews A Life

Ms. Baker was referred to Appalachian Agency on Aging by a local department of social services (LDSS) in May of 2015, after insisting on returning home from the nursing facility. She had been in the nursing facility for approximately two years, following several falls and subsequent surgeries on both ankles. The multiple surgeries were unsuccessful, leaving her the user of a wheelchair. However, that was not going to deter Ms. Baker from returning to her home and regaining her independence.

With assistance from the Money Follows the Person program, Ms. Baker was able to return home. Upon her return, she found that her car and house keys had been lost. In addition, there were frozen and broken pipes, which resulted in no water and sewage problems. The only assistance Ms. Baker had upon returning home was from a brother who lived an hour away. Although he delivered her food weekly and emptied her trash and bedside toilet, she felt a prisoner in her bedroom due to her inability to walk. She was unable to get to the bathroom, as she did not have a wheelchair that would fit in the narrow halls of her mobile home. She drank bottled soda and water and ate pudding and canned foods that did not need refrigeration. The Appalachian Agency Coordination team made a referral to AASC's In-Home Care team, nutrition services, home repair services, and to **ALLCare PACE**. The agency worked with the LDSS to repair her broken pipes and sewage issues and a ramp was built with volunteers, so that she could enter and exit her home safely.

★★★★★★★★★★
★
★ *She was very* ★
★ *reluctant to trust* ★
★ *the team...* ★
★
★★★★★★★★★★



In-home services began with a personal care aide and home delivered meals, with Ms. Baker becoming an ALLCare PACE member in July, 2015. She was very reluctant to trust the team, as she felt she had been betrayed by so many in her past. After joining ALLCare, the PACE team learned Ms. Baker was a very accomplished artist and encouraged her to join day center activities by asking her to teach classes to other attendees. She very reluctantly started attending the day center and has not only been teaching classes, but has reconnected with an old high school friend! With the assistance of the other individuals enrolled in PACE, she even designed and painted a 6-foot Christmas mural. Ms. Baker now feels empowered within her home, as she has a wheelchair she can maneuver in the hallways. She is also determined she will again walk on her own. She is able to cook, clean the dishes, and bathe herself with little or no assistance. The difference that ALLCare PACE has made in her life can be seen on her face each day she attends the center.

She is now living independently, attending the day center, participating in the center's physical and occupational therapy programs, and developing new friendships. In the words of Ms. Baker, ***"PACE has given me my life back."***

Submitted by: Regina Sayers, Executive Director, Appalachian Agency for Senior Citizens

Photo and story printed with permission of participant

Finding New Purpose: “Beulah’s Story”

I just started being a Pastor for my church when I lost my vision. My sight was taken from me all of a sudden. Before that, I had been working at my job as a manager and cashier for a small family-owned business for the previous 17 years. After I went blind, I sat around for the first year and didn’t know what to do with myself. Because I just sat around, I lost my mobility. I was used to being a doer, working 40-hours a week. I used to work as a nursing assistant taking care of others who needed help, initially in Brick Haven, North Carolina and then at the Little Sisters of the Poor convent in Richmond, Virginia. I was used to taking care of everyone and had to get used to people taking care of me for a change.

I first learned about **InovaCares for Seniors PACE** when I was filling out papers for disability. They told me to check out the PACE Center, so I did. I didn’t know what I was going to be doing, but I wanted to see it for myself, even though my sight was taken from me. The PACE Center had a good feeling to it. Despite my limited sight, I could see that it was a safe place. It felt like a safe environment, like when you’re surrounded by family.

Becoming disabled doesn’t change who you are. In fact, it made me better. I don’t let my blindness hinder me. I first started coming to PACE in a wheelchair, but I have gotten stronger and now I am using a cane. One of my goals is to be able to get back to work.

At the PACE Center, I enjoy the hands-on activities, making things like flowers, arts-n-crafts. They call this the fine motor group. I also enjoy the book club, though most of my reading is done by talking-books.

We become family here at PACE. You see each other regularly, and then one day you don’t. One day, the social work staff asked if I would like to help start a memorial service for those who have passed away. Death is so uncertain and so many are afraid. I wanted people to know they are not in it by themselves and they would not be forgotten. Everyone wants to feel loved. Everyone wants to make an impact on someone’s life.

I love it at InovaCares for Seniors. I think everyone at PACE is the best, from the office staff to the bus drivers. They are always so present and giving of their time. I would recommend PACE to anyone.

Beulah enrolled in InovaCares for Seniors in November 2013 and remains an active participant in PACE. She lives in an intergenerational household in Burke, Virginia, with her sister, daughter, niece and grandchildren. She receives a multitude of services from PACE, some of which include adult day services, home health care services, and therapy programs. Beulah started the first memorial service program at InovaCares for Seniors in early 2015, in a special effort to recognize participants who have passed away, giving an opportunity for all to share and honor their memory.

Submitted by: Rose Mario, Manager of Marketing & Business Development, INOVACares for Seniors

Photo and story printed with permission of participant



For More Information on PACE in your Area

AllCare PACE

216 College Ridge Rd.
Cedar Bluff, VA 24609
(276) 964-7176

BlueRidge PACE

1335 Carlton Ave.
Charlottesville, VA 22901
(434) 529-1319

Centra PACE—Farmville

1530 S. Main St.
Farmville, VA 23901
(434) 947-4510

Centra PACE—Lynchburg

407 Federal St.
Lynchburg, VA 24504
(434) 200-6320

INOVA Cares for Seniors

4027B Olley Lane
Fairfax, VA 22032
(571) 432-3117

Kissito PACE

5251 Concourse Dr.
Roanoke, VA 24019
(540) 904-2817

Mountain Empire PACE

1508 3rd Ave. E.
Big Stone Gap, VA 24219
(276) 523-0599

Riverside PACE Hampton

4107 W. Mercury Blvd.
Hampton, VA 23666
(757) 251-7980

Riverside PACE MacTavish

1300 Mactavish Ave.
Richmond, VA 23230
(804) 977-5926

Riverside PACE Newport News

439 C Oriana Rd.
Newport News, VA 23608
(757) 234-8150

Sentara Senior Community Care

5788 Churchland Blvd.
Portsmouth, VA 23703
(757) 392-2657

Sentara Senior Community Care

5900 E. Virginia Beach Blvd. Ste.260
Norfolk, VA 23502
(757) 252-7805

